HOW TO MAKE THE WORLD'S BEST OMELETS

EGG CLASSICS BY TAYLOR & NG

SAY CHEESE OMELET, SEAFOOD OMELETS, HERB, DENVER, DOWN-HOME & FARAWAY OMELETS!

ABOUT YOUR OMELET BOOKLET

The Taylor & Ng Omelet Booklet is your omelet handbook. It is your single, compact, practical guide to the art of omelet cookery presented to you in easy-to-follow, easy-to-refer-to form. Besides covering the basic how-to-do's and not-to-do's, the Taylor & Ng Omelet Booklet provides a treasury of recipes; it is a fundamental catalog to many omelet creations—major & minor, plain & fancy, home & abroad, public & personal. It will stimulate your imagination and start you experimenting and inventing your very own omelet creation! So let's get started!

ABOUT YOUR PAN

The popularity of omelets has boosted the birthrate of omelet pans tremendously: there's probably a new pan for every newly-laid egg. Omelet pans come in a confusing array of shapes and sizes and material constitution. There are miracle metals for magic omelets and gadget pans that flop and never flip. The Taylor & Ng Omelet Pan is simple in comparison because it is engineered with basic answers to basic truths.

First, we have produced a pan that is sturdy and durable. It is balanced and easy to maneuver. It has traditional smoothly

curved sides for shaping omelets, and for ease in serving from the pan. Taylor & Ng has chosen high quality cold-rolled steel. Steel has been the tried and true metal of cooking instruments for centuries. It distributes heat evenly and when seasoned yields the proper no-stick cooking surface so critical to the perfect omelet.

We've chosen wooden handles for our pans for many reasons. Wood remains cool to the touch—in a busy kitchen this is indeed an attribute. Furthermore, the shape of the handle is designed to provide your hands with the control pan cookery requires. The eyebolt, which keeps the pan and handle together, allows you to tighten the connection when necessary and to hang up the pan when not in use. (Like any other steel and/or wood kitchen instruments, do not wash in a dishwasher.)

To assemble:

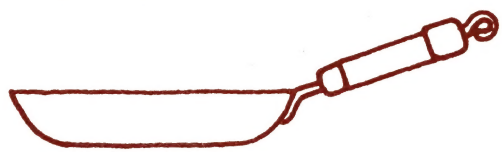
1. Softly pound handle slots over bracket wings until wings almost disappear.

2. Insert eyebolt through washer into handle. Screw into bracket until tight.

TO SEASON YOUR PAN

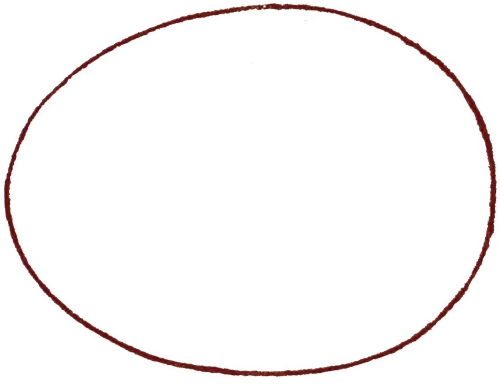
Your new omelet pan is presently covered with a machine oil to protect it from the elements. To prepare it for its initial kitchen use, scrub oil off with cleanser, steel wool, and hot water. Place on stove burner set at low heat. Put in ⅛" to ¼" cooking oil. Rotate the pan, tilting it so that the oil covers the sides of the pan as well. Keep on low burner for approximately 10 minutes, repeating the rotating process two or three times. Pour out the oil and rub the inside and outside of the pan with paper towels until the entire surface has a smooth oil film. (Be careful not to burn your fingers!) Your pan is ready for use.

The principle to remember is that the more you use your pan, the more magnificently black, shiny, and smooth the surface becomes. After each use, just wipe with a paper towel. If there are food particles sticking to the pan surface, scrub with coarse salt to remove them. If necessary, rinse with water; return to burner to dry, rub with a little oil, cool and store. Your omelet pan is a treasured implement and should be reserved for omelets alone to protect its seasoned surface which you improve with each omelet.



THE OMELET

INTRODUCING THE OMELET!



om·elet *also* **om·elette** \'äm-(ə-)lət\ *n* [F *omelette*, alter. of MF *alumelle*, lit., knife blade, modif. of L *lamella*, dim. of *lamina* thin plate] **:** eggs beaten to a froth, cooked without stirring until set, and served in a half-round form by folding one half over the other

Webster's definition for the om·elet does not begin to describe the phonomenal omelet we as contemporary eggcrafters know it to be (perhaps Mr. Webster was never served a good egg!). The omelet which nourishes us, surprises us, and expresses our individual taste, style and fancy is renowned for its economy and versatility. Never has any egg dish so singlehandedly conquered such an array of gastronomical feats or crossed as many international culinary borders.

THE BENEVOLENT OMELET

The omelet makes a nutritious, high-energy breakfast. It can be "maximized" for lunches and dinners, minimized for weight-watchers, or miniaturized for appetizers and hors d'oeuvres. Because it is so quick and easy to prepare, it is the perfect answer to the "no-time for breakfast crowd," the "drop-in crowd," and the "between-meal snacking crowd." An omelet can be high-brow with fancy and exotic ingredients, or low-brow with leftovers.

THE EGG & OMELET

A good omelet needs a good beginning with a good egg, ideally—one that is hot from the hen. To test for freshness, immerse the egg in question in cool water, If it lies flat, it is fresh. If one end tilts upward, save it for baking. If it stands up on end, throw the rascal out!

Though the fresh, unrefrigerated egg is recommended, it is not always possible or practical. Few of us can remember to take our eggs out of the refrigerator before retiring to bed so that in the morning we can wake up to the perfect omelet prepared with the perfectly preped egg. So, use your cold egg and commonsense.

HOW TO MAKE AN OMELET

INGREDIENTS:

2 eggs
1 tablespoon water
⅛ teaspoon salt
dash of pepper
a few drops of tabasco sauce
½ tablespoon butter

WHISK!

First, crack the eggs in a mixing bowl. With your Taylor & Ng whisk, blend whites and yolks together. (The whisk, since time immemorial, is the most efficient kitchen implement for joining egg white with egg yolk—no yolk!)

Add the remaining ingredients and whisk gently. Be careful not to beat too much; overbeating will result in an omelet that is heavy and watery. Therefore, no blenders or electric mixers.

TO PAN:

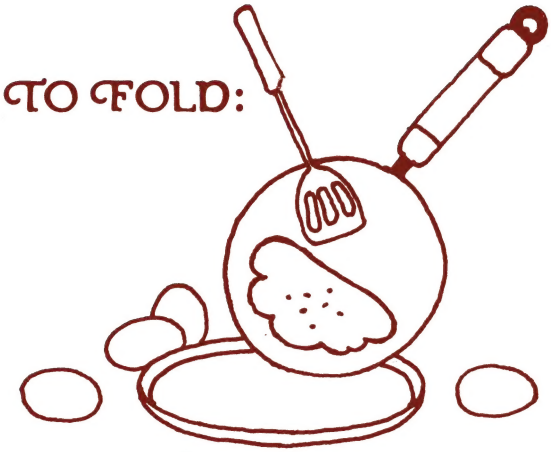
Place your Taylor & Ng omelet pan over your burner set at moderate heat. Add the butter—it should sizzle but not turn brown.

Quickly pour your egg mixture in the pan. Wait a few moments until you see the mixture forming a slight crust at the bottom. At this point, use the flat of the fork and quickly stir once or twice. As the eggs begin to cook, lift the edges so the liquid part can flow underneath and reach the cooking surface of the pan.

TO FILL:

It is at this point in the omelet cooking process that you would add your filling. Arrange the filling in a neat line cross the egg mixture.

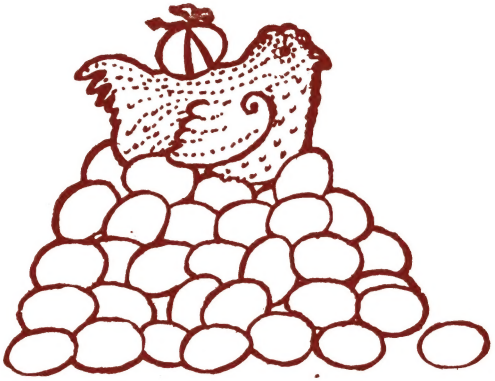
TO FOLD:



Now for the fold: The omelet should still have some runny mixture in the middle when you start the fold. With a warm plate ready to receive the omelet, tilt the pan to one side to a maximum 45° angle. Now slide a spatula underneath the elevated half of the omelet.

As you are folding that half over to meet the other half, start tilting the omelet pan more and more until the omelet slides off onto your waiting heated plate. Your entire cooking time (omelet from pan to plate) should be not more than 2 or 3 minutes.

DRESSING UP THE OMELET



To dress up your omelet, just brush the top of it with a little melted buter, and sprinkle some chopped parsley and paprika over it. If you wish, you may include a sauce: tomato, Madeira, Hollandaise, or Bernaise. A simple approach is to reserve some sauce from your filling mix and use it to top your omelet.

For dessert omelets, sprinkle some powdered sugar over it, or pour warm maple syrup or honey over it. Slivered almonds, fresh fruit, or just jam make good enticing toppings. If you wish to be flamboyant about it, use two tablespoons of warm kirsch or rum and flame your omelet!

A VARIATION
THE MOUSSELINE OMELET

A slightly different technique in preparing the basic omelet egg mixture, coupled with the addition of cream, yields an omelet which is lighter, creamier, and more delicate than the conventional omelet. It is called the mousseline omelet, and for the most part, you can use the recipe with most filling recipes that you use with your standard omelet. The mousseline omelet is particularly suitable to dessert type fillings and toppings.

INGREDIENTS:

4 eggs
1 tablespoon cream
salt and pepper
butter

For sweet mousseline omelets, add:

6 tablespoons sugar
½ tablespoon vanilla
⅛ teaspoon salt (eliminate pepper)

First separate yolks from egg whites. Beat with whisk and add seasoning and cream. Now beat the whites till they peak. Mix the two egg mixtures together. Melt 3 tablespoons of butter in your omelet pan till butter sizzles at which point pour egg mixture into pan. Cook slowly and stir the outer edges of the omelet into the center continuously as it is cooking. Donate ample butter to keep this omelet from its normal tendency of sticking to the pan. Fill and fold over when egg mixture is 90% set. Transfer to a heated plate and serve.

LET'S OMELET!

Following are some easy-to-follow, fun-to-try omelet recipes.

SAY CHEESE OMELET

The cheese omelet is just about the simplest omelet you can make: For every 2-egg omelet, use ¾ cup of your favorite cheese or combination of cheese—Swiss, Gruyere, Parmesan, American, cheddar, Monterey, mozzarella, Roquefort, or ricotta—you name it!

A cheese omelet is a fun way to experiment and explore the many different varieties of cheese available to you. Delicious, complementary additions to a simple cheese filling are: croutons, crumbled bacon, chives, or mushrooms.

Try the following!

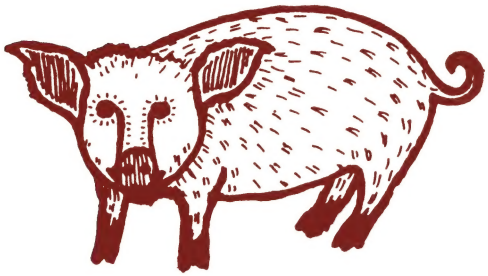
- *½ cup Roquefort*
- *2 tablespoons whipping cream*
- *¼ cup mushrooms, sliced*
- *butter*

Blend together Roquefort and cream. Sauté the mushrooms till brown. Spoon the cheese into a 2-egg omelet. Add the mushrooms and fold. Serve immediately.

SPINACH OMELET

¼ cup minced cooked bacon
2 cups cooked spinach
2 tablespoons sour cream
6 eggs
salt and pepper

Make 6 egg omelet and fill with spinach. Place a layer of sour cream over the spinach; sprinkle bacon bits and salt and pepper. Fold and serve.



DENVER OMELET

¼ cup minced ham
2 tablespoons chopped onion
2 tablespoons diced green pepper

Combine ham, onion, and green pepper with your basic 2-egg omelet mixture. Prepare the same method as a basic omelet. A popular breakfast served with hash browns and bacon or sausage.

POTATO OMELET

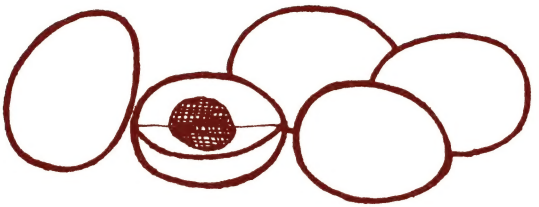
½ pound bacon
2 tablespoons diced potatoes
2 tablespoons croutons
1 medium onion, chopped
½ teaspoon chopped parsley
½ teaspoon chopped chives
salt and pepper
4 eggs

Cook bacon till crisp. Break up to small pieces. Use bacon grease to fry potatoes. 1½ cups of leftover mashed potatoes can be used in lieu of freshly fried potato bits. When browned, remove from pan. Sauté onions and croutons and parsley and chives together. Mix potatoes in. Fill a basic 4 egg omelet with the potato mixture. Seal with the fold and serve.

AVOCADO OMELET

1 avocado, peeled and cut in slices
1 large tomato, peeled, diced, and drained
¾ cup sour cream
½ teaspoon salt
⅛ teaspoon dill weed

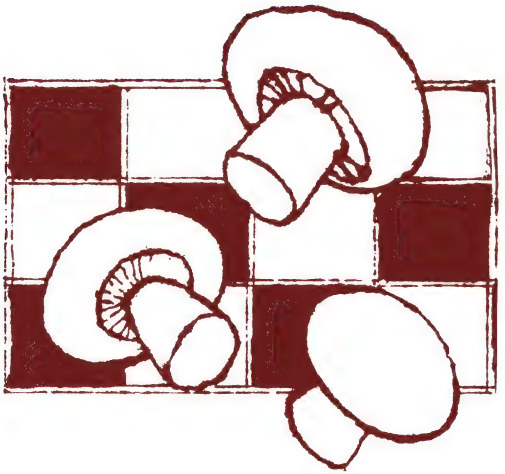
Over moderate heat, warm sour cream and stir in tomato, salt and dill weed. Heat for one minute and then carefully mix in avocado. Make a 3-4 egg omelet and fill the omelet with the avocado mixture. Remaining sauce is poured over the omelet. Add a finishing touch with a garnish of crisply fried bacon slices.



COUNTRY-STYLE OMELET

6 eggs
⅓ cup cooked sausage, cut fine
⅓ cup chopped onion
¼ cup diced green pepper
⅓ cup shredded cooked potato
1 tomato, peeled, diced and drained
⅓ cup grated sharp cheddar
1 tablespoon parsley
butter

Sauté in butter the onion and green pepper till cooked. Do not brown them. Set aside. Now sauté potatoes for a minute. Mix the sautéed vegetable with the tomato and sausage. Make a 6 egg omelet and fill and fold. Transfer to heated plate. Sprinkle cheese and parsley.



MUSHRUM OMELET

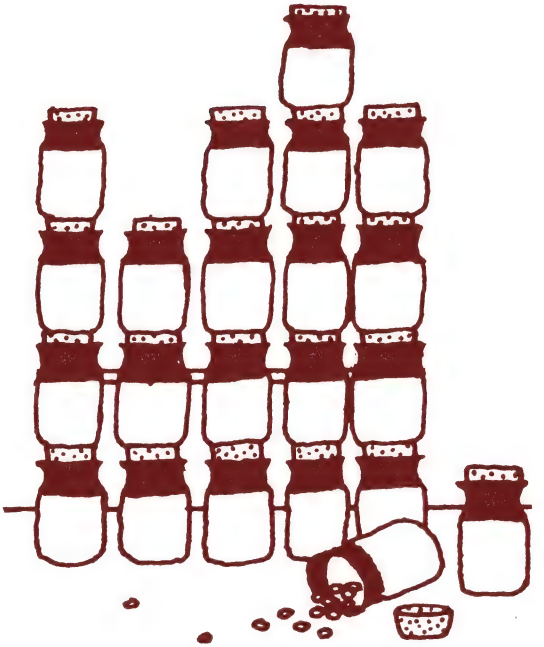
¼ pound mushrooms
1 tablespoon rum or brandy
2 tablespoons cream
salt and pepper
1 tablespoon butter

Wash, dry and slice mushrooms and sprinkle with rum and let marinate for 20 minutes. Sauté in butter till most of liquid has evaporated. Season with salt and pepper and add cream. Prepare your basic omelet (6 eggs) and fill and fold and serve.

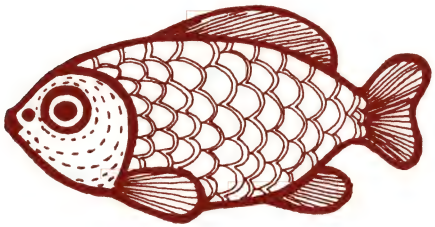
HERB OMELET

Good herbal combinations to mix into a 6-egg omelet mixture are:

- *2 tablespoons of finely chopped: parsley, chives, tarragon, and chervil*
- *1 tablespoon of chopped fresh mint and ¾ tablespoon of chopped fresh basil*
- *1 tablespoon basil, ½ teaspoon oregano, ¼ teaspoon mint, and ¾ tablespoon of chopped parsley*



SEAFOOD OMELETS



CRAB OMELET

4 eggs
2 cups crabmeat
1 tablespoon chopped olives

Cream Sauce:
1 cup white wine
½ teaspoon tarragon
4 tablespoons whipping cream
¼ teaspoon lemon juice
salt and pepper
butter

Over moderate heat, melt butter in a skillet and add flour. Use your whisk to mix in wine and cream. Add the tarragon, lemon juice, salt and pepper. Voila! You have your cream sauce.

Make your 4-egg omelet and fill with crabmeat and olives. Pour half the cream sauce in the omelet and fold. Transfer to a heated plate. Pour the remaining sauce over the crab omelet.

CLAM OMELET

6 eggs
1 cup minced clams
1 teaspoon chives
¾ teaspoon flour
1½ tablespoon dry white wine
¼ cup heavy cream
lemon juice
salt and pepper
butter

Sauté clams in one tablespoon butter. Add chives. Put in a bowl and set aside. Now blend flour into 1 teaspoon melted butter. Season with salt and pepper and a few drops of lemon juice. Stir in wine and cream. Add clams. Make a 6-egg omelet and fill or top with the clam sauce.

FISH OMELET

¼ lb. of your favorite fish, filleted; cut in cubes
1 tomato
1 teaspoon chopped parsley
lemon juice
salt and pepper
oil
6 eggs

Salt fish and fry till done. Mix in tomato and parsley and add a few drops of lemon juice. Make a 6 egg omelet and fill and fold and serve.

OMELET O'
ROUND THE
WORLD

RECIPES!

You needn't pack up your eggs and fly to Spain to sample an authentic Spanish omelet; you can make it in your own kitchen in your own pan! Also, you can go french, or frittata, or Old English or Foo Yung! Simply follow the recipes for your "road to success."

THE SPANISH OMELET

- *4 eggs*
- *1 onion, sliced*
- *1 clove of garlic, minced*
- *1 tomato, peeled and chopped*
- *1 small green pepper, chopped*
- *4 mushrooms, chopped*
- *1 8 ounce can of tomato sauce*
- *¾ cup diced ham*
- *2 teaspoons sugar*
- *1 teaspoon Worcestershire sauce*
- *½ teaspoon chopped parsley*
- *salt and pepper*
- *oil*

Sauté onion slices in 2 tablespoons of oil and add garlic. Cook for 1 minute. Then add tomato, green pepper, mushrooms and simmer until thick. Add tomato sauce and parsley. Add ham and seasoning. Make a 4-egg omelet and use part of your Spanish sauce to fill the omelet. Fold and transfer to a heated plate. Pour the rest of the sauce over the omelet and serve.

OMELET À MELETTE
(The French Omelet)

- *2 chicken livers, cut to 4-6 pieces*
- *⅓ teaspoon minced shallots*
- *⅓ teaspoon flour*
- *1 tablespoon dry white wine*
- *1 tablespoon stock*
- *3 mushrooms, thin-sliced & sautéed*
- *salt and pepper*
- *chopped parsley*
- *butter*
- *6 eggs*

Sauté chicken livers in 1 tablespoon butter, season with salt and pepper. Add shallots. Cooking time only 40 seconds. Sprinkle with the flour and add the stock and mushrooms.

Now make a basic omelet using 6 eggs. Fold it and transfer to plate. Make a slit along the top surface. Do not cut through. Fill the slit with your chicken liver mix, sprinkle with parsley, and serve.

FRITTATA (THE ITALIAN OMELET)

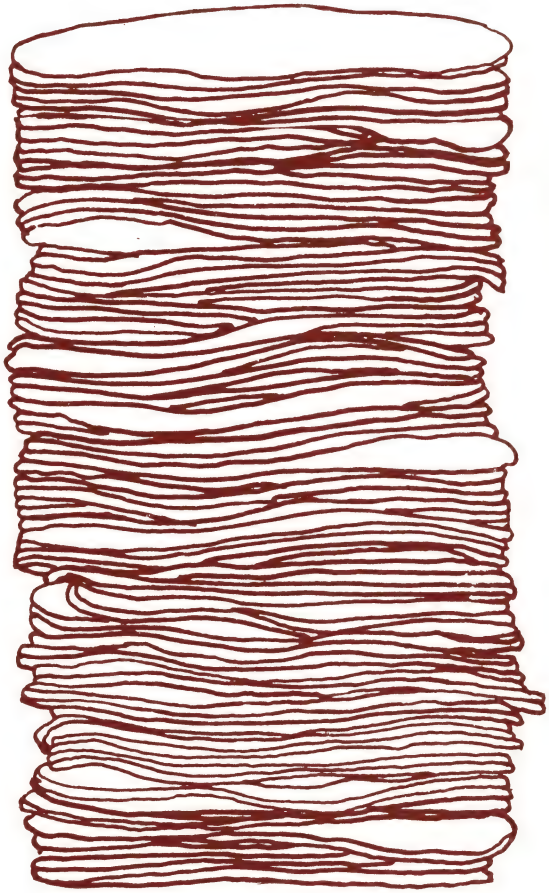
The frittata is a thick omelet and is served round and flat. It is made from the quick and easy and delicious combination of your basic omelet mixture and with a selecton of very Italian, or very you, ingredients. It is cooked on one side or both, depending on your preference. Serve with french bread and red wine and, you have a complete meal! The frittata is delicious cold and can make a great picnic tag-a-long.

6 eggs
⅔ cups onion, minced
1 zucchini, chopped
1 tomato, peeled and chopped
1 cup eggplant, diced
1 green pepper, minced
⅓ cup light cream
⅓ cup grated cheddar cheese
salt and pepper
2 tablespoons olive oil

Add olive oil in pan and heat. Add the vegetables and cook over moderate heat for 15 minutes. Do not brown vegetables. In a mixing bowl, beat the eggs and cream and season. Stir in the cooked vegetables and cheese. Melt some butter in your omelet pan and pour half this frittata mix in pan. Use low to medium high heat to cook and brown the bottom of this thick omelet. Transfer to heated plate and cook the next omelet. If you wish to brown both sides of your frittatas, make sure you re-butter your pan before flipping your omelet back to pan: to flip, press tightly over plate and turn over in one quick motion. Or, if you wish, simply brown by placing the omelets under the broiler.

THE GERMAN OMELET

The German omelet is surprisingly different from the conventional omelet. It is more like a thin pancake or crepe. It is made with a batter containing flour and milk. It is rolled up and served filled or unfilled and accompanies vegetables or meat dishes. When filled or glazed with sweet stuffs, it becomes an excellent dessert omelet.



BASIC MIXTURE:

- *3 eggs*
- *2 tablespoons flour*
- *½ cup milk*
- *salt*
- *pepper*
- *nutmeg*

With flour in mixing bowl, beat in eggs, one at a time, with your whisk. Add milk and season to taste with salt, pepper, and nutmeg.

Burner on a moderate heat, melt one teaspoon of butter in your pan and pour enough batter to make a very thin omelet. When slightly browned on one side, slide the omelet out—butter your pan again—and return your omelet back to the pan, flip over and brown the other side. Slide out to plate and cook the next German omelet. When done, roll up and serve.

THE CHINESE OMELET

The Chinese omelet is a cross between a scrambled egg and an omelet. Its common name is EGG FOO YUNG. Like the Italian frittata, it is left unfolded. All sorts or oriental delectables are mixed into this omelet. A complete meal in itself, it is served infused in sherry, soy sauce, or sweet and sour sauce. This Chinese Omelet is one oriental dish which "does" stay with you:

- *8 eggs (3 omelets)*
- *¼ pound cooked shrimp*
- *¼ pound beansprouts*
- *½ cup thinly sliced celery*
- *½ cup thinly sliced bamboo shoots*
- *2 stalks green onion, minced*
- *⅓ cup sherry*

Seasonings:

- *½ teaspoon salt*
- *½ teaspoon sugar*
- *2 teaspoon soy sauce*
- *pepper*
- *Peanut oil*

Stirfry in peanut oil (1 tablespoon) the beansprouts, celery and bamboo shoots. Add your seasonings. Set aside when taste and texture is done to your preference.

Mix eggs, shrimp and green onions together and add your stirfried vegetables. Heat your omelet pan and add 1 tablespoon of peanut oil. Pour a thid of your egg mix into the pan and let it heat for 1-2 minutes. Lift the sides of the egg so that uncooked liquid portions of the egg will flow under and cook. When about 85% set, stir remaining liquid part with a spoon or fork. Sprinkle with sherry and pepper and transfer to a well-heated plate.

Make another omelet repeating this procedure. Stack your second omelet on top of the first one. Make your third and last omelet and stack it over the second one. Pour enough soysauce and sherry over it to create a slight overflow. Serve immediately. Rice is the traditional accompaniment.

OLD ENGLISH OMELET

This authentic English recipe is composed of your basic omelet, topped with a thick asparagus cream sauce.

Asparagus Cream Sauce:

- *4 stalks asparagus, peeled and diced*
- *1 teaspoon parsley and chives, chopped*
- *3 tablespoons cream*
- *1 egg*
- *salt and pepper*
- *Butter*

Drop diced asparagus into boiling salted water to cook for 3 minutes. Drain and sauté in butter. Add parsley and chives and season. Use just the yolk of the egg and beat up with the cream. Season this mix and stir into the asparagus over low heat till it just starts to thicken. Pour over ready made omelet.

DANISH OMELET

- *1 cup mushrooms, sliced*
- *1 onion, minced*
- *3 tablespoon croutons*
- *1 cup cheese*
- *4 eggs (2 omelets)*
- *garlic salt*

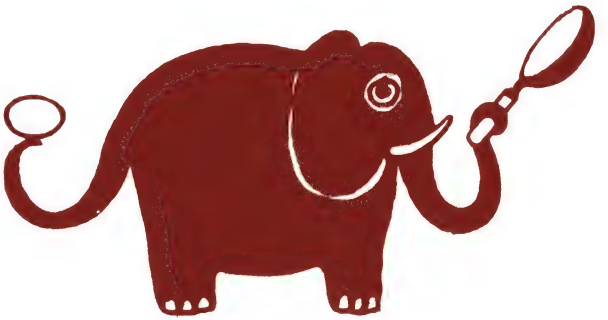
Sauté mushrooms and onions in butter. Sprinkle with garlic salt. Make an omelet and put half of the mushroom -onion combination in it. Add half of the cheese and half the croutons and fold and serve. Use your remaining ingredients to make the next omelet.

OMELET INDIA

Curry, onions, and rice make this exotic omelet.

- *6 eggs*
- *1 teaspoon curry powder*
- *1 small onion, minced*
- *3 tablespoon cream*
- *⅓ cup rice*
- *⅓ cup chicken stock*
- *butter*
- *carraway seeds*

Sauté onions in butter. Stir in curry powder and cook for 2 minutes. Add cream and cook a minute more. Set aside. Fry rice in butter. Stir continuously. Add enough chicken stock to cover rice. Cover pan and cook till done. Make a 6 egg omelet and fill with rice, sprinkle carraway seeds, and fold. Transfer to warm plate and top with curry sauce.



OMELET ARABESQUE

- *6 eggs*
- *¾ cup walnuts, chopped fine*
- *⅓ cup dried currants*
- *¼ teaspoon tumeric*
- *¼ teaspoon saffron*
- *2 tablespoons bread crumbs*
- *2 tablespoons chopped chives*
- *slivered almonds*

Combine all ingredients all prepared per basic omelet except do not fold. Transfer to plate. Re-butter pan and return omelet to pan to brown opposite side. Sprinkle with slivered almonds to add a decorative touch when serving.

THE SWEET OMELET

Omelets are made into sweet treats several ways:

1) *You can fill it with fruits, nuts, jams, jellies and other sweet secrets,*
2) *You can cover it with sweet sauces,*
3) *You can mix sweet stuff into the initial batter, or*
4) *All of the above!*

Here's a dessert omelet recipe which makes delicious use of your German omelet recipe.

MARMALADE LEMON OMELET

- *½ diced fruit*
- *½ cup marmalade*
- *1 lemon*
- *3 tablespoons sugar*
- *honey or maple syrup*

To your basic German omelet egg mixture, add the juice and grated rind of the lemon. Make your omelets and place unfolded in a large cookie sheet. Fill the omelets with the combined mixture of fruit and marmalade. Roll and transfer to a serving dish. Sprinkle with confectioner's sugar and drizzle with honey or maple syrup. Serve warm or chilled.

STRAWBERRY MOUSSELINE OMELET

- *6 eggs*
- *1 cup strawberries (quartered pieces)*
- *2 tablespoons kirsch*
- *½ cup sugar*
- *2 tablespoons whipped cream*
- *lemon juice*

Soak strawberries in the combined mixture of kirsch, sugar and 3 to 4 drops of lemon juice. Allow to marinate for one hour in the refrigerator. Drain the strawberries but save the marinade. Make a 6-egg mousseline omelet and fill it with the strawberries and whipped cream. Fold the omelet, transfer to a plate, and pour the strawberry marinade over your omelet. Enjoy!

APRICOT-PINEAPPLE OMELET

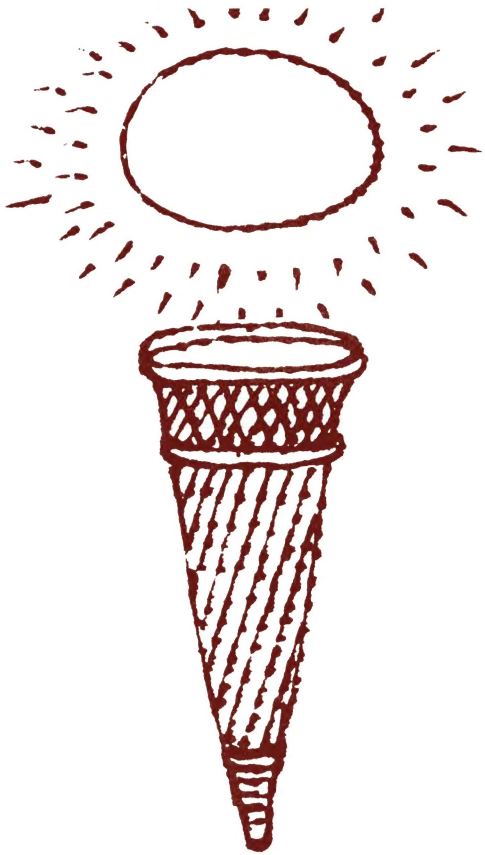
½ cup pineapple, minced
¼ cup apricot jam
1 cup whipping cream

Make a mousselike omelet mixture (enough for two omelets). Make one omelet and fill with half the pineapples and half the apricot jam. Fold and top with whipped cream. Make your second omelet and do the same.

FLAMING APPLE OMELET

2 apples, peeled, cored, sliced thin
2 tablespoons sugar
½ teaspoon cinnamon
1 tablespoon rum
½ cup milk
4 tablespoons flour
2 eggs
salt
2 tablespoons kirsch

Take apple slices and sprinkle them with the sugar, cinnamon, and rum. To make the basic omelet mixture for this omelet, blend the flour and milk together and add a pinch of salt. With your whisk, gently blend the yolks of the eggs, then whip the whites till they are stiff. Carefully mix in the apples. This is batter enough for two omelets. Using a generous amount of butter, make these omelets. Now sprinkle with a little sugar and kirsch and flame! You can use this same recipe for cherry omelets, apricot or peach omelet, or any favorite fruit flavor.



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